

## GRANGE SCHOOL MENU (WEEK 5)

2021 Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BREAKFAST</b>							
CARB	Pancake	Waffles/ bread rolls	Fried Plantain/ Sweet potato	FrenchToaste, Akara/ Custard	Chicken and egg sandwiches/ Oats & Moi Moi	Assorted bread basket	Waffles/Crepe
PROTEIN	Breakfast sausage, omlette & baked beans	Breakfast sausage, fluffy scramble eggs & baked beans	Chicken franks and Egg sauce	Sausage/Boile d Eggs in Stew/ Bread		Breakfast sausage, scrambled egg & baked beans	Chicken franks & baked beans
	yoghurt		yoghurt		Yoghurt		Fruit salad
Daily breakfast also includes freshly toasted white and brown bread/ bread roll, stew, 3 selections of cereals with a variety of spreads, milk, tea and hot chocolate.							

## WEEK FIVE LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
White Rice/Plain Beans/Dodo	Spaghetti jollof/ Coleslaw/Dodo	Oriental Rice/ Couscous/ Dodo/ Salad	Sauteed Potatoes/ Native Rice/ Plantain	Jollof Rice/Dodo/Moimoi	Oriental Menu Day	Jollof Rice/ Dodo/ Moi Moi
Asaro/ Sauteed Spinach	Agoyin Beans/ Bread/ Yam	Farm House				BBQ Chicken/ Peppered Chicken/Peppered Fish/Assorted Beef Stew
Peppered Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Chicken Kebab/Sweet Chilli Meat balls/Peppered Fish/Assorted Beef Stew	Grilled Chicken/ Chicken Lollipop/ Peppered Fish	Crispy Chicken/ Peppered Chicken/Peppered Fish/Assorted Beef	Peppered Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Ogbonno/ Edi-Kai-Ikong Soup/ Semo
Ewedu & Gbegiri/ Efo-Riro Soup/ Amala/ Eba	Egusi/ Okro Soup/Eba/ Semovita	Efo-riro/ Ogbonno Soup/ Eba/ Wheat	Okro Soup/Egusi/Eba/ Semovita	Ewedu & Gbegiri/ Efo-iro Soup/ Amala/ Eba	Pounded yam and Egusi soup	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
<b>Dessert</b>						
sweet/fruits	sweets/ fruits	sweet/ fruits	Sweets/fruits	Sweets/fruit	Sweets/fruits	Sweets/fruits
<b>Pm snack</b>						
Sausage roll + drink	Meat pie +drink	Cookies + drink	Donuts + drink	Popcorn + drink	Spring roll & puff puff + drink	Muffins + drinks



## GRANGE SCHOOL MENU (WEEK 6)

2021 Cycle 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>CARB</b>	Pancakes / Oats	Chicken and egg sandwiches/ oats	Waffles/ oats	Boiled yam/ oats	Fried Plantain	Pancakes/ oats	Egg burger/ waffles
<b>PROTEIN</b>	Breakfast sausage, sunny side-up & baked omelette	Chicken franks & Baked beans	Breakfast sausage, omelette & baked omelette	Corned beef stew/omelette, baked beans	Fried eggs, chicken franks & baked beans	Breakfast sausage, omelette & baked omelette	Chicken franks, Baked beans
		yoghurt			Fruit salad		yoghurt

Daily breakfast also includes freshly toasted white and brown bread, bread rolls, stew, 3 selections of cereals with a variety of spreads, milk, tea and hot chocolate.

## WEEK SIX LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oriental Rice/ Salad	Spaghetti Bologonaise/Spaghetti Jollof	White Rice	Pasta Arrabiata/Mixed Veg/ Lasagna	Jollof Rice/Moi Moi/ Dodo	Designer stew/ White Rice	Pasta Arone
Beans pottage/ Plantain/ Bioled Yam/Bread	Yam Pottage	Beans&Dodo	Garden-Egg Sauce/ Boiled Yam/Spicy Rice/ Salad	Agonyi Beans/ Bread	Dodo	Peppered Chicken/Peppered Fish/Assorted Beef Stew
Grilled Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Peppered Fish/Assorted Beef Stew	Okro/Oha Soup/ Eba/ Wheat
Efo-riro/ Okro Soup/ Eba/ Semovita	Egusi/ Otong Soup/Eba/ Wheat	Gbegiri &Ewedu/ Banga/ Amala/ Eba	Vegetable Soup/ Otong Soup/Eba/Semo	Afang/ Okro/ Eba/ Wheat	Egusi/ Ogbonno Soup/Eba/ Semovita	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	
<b>Dessert</b>						
Sweet/ fruits	Sweet/ fruits	Sweet/ fruits	Sweet/ fruits	Sweet/ fruits	Sweet/ fruits	Sweet/ fruits
<b>Pm snack</b>						

